Mad Men shoutout to Regina

Show's season finale mentions Regina not once but twice, setting a new trend on Twitter PAGE 2

SANDLER PLAYS IT RESTRICTED

COMEDIAN STARS IN HIS FIRST R-RATED FLICK, THAT'S MY BOY PAGE 6

REGIONAL metro®

Tuesday, June 12, 2012

News worth sharing.

metronews.ca | twitter.com/metroregina | facebook.com/metroregina

Don't be that guy who says it's not rape

Campaign. In-your-face sexual assault posters began appearing in washrooms Monday

ME POWELL
regina@metronews.ca

Regina residents will see posters with in-your-face messages about sexual assault in 24 nightclubs, sports bars and liquor stores until the end of September.

The "Don't Be That Guy" poster campaign, already in other cities across Canada, began in Regina Monday. Three posters have messages like: "Just because you help her home, doesn't mean you get to help yourself."

They will appear in men's and women's washrooms, says Dianna Graves, executive director of the Saskatchewan Association of Sexual Assault Services (SASAS).

"It's speaking directly to the target audience," Graves says. "When Edmonton created this campaign, they wanted it to be shocking and in-their-face and speaking their language."

Debbie House, administrator of the Regina Women's Community Centre and Sexual Assault Line, adds: "No means no, and being too drunk to consent also means no."

Regina Police Services Chief Troy Hagen warns: "Be very, very careful, especially if the person that you're with is intoxicated, because obviously they cannot form consent to perform a sexual act."

The overall number of sexual assaults reported to Regina police decreased by about five per cent in 2011, Hagen said, but the number of alcohol-related sexual assaults increased.

Less than one in 10 cases are reported to police, he adds. The goal of this campaign is to educate, to raise awareness, and to make it easier for victims to come forward.

"We know it may be controversial, but the topic of sexual assault should make us feel uncomfortable," Hagen says.

The stats

- **Getting busted.** Studies with Canadian college-aged males show 60 per cent would commit a sexual act if they were "absolutely certain they would not get caught."
- **Excuses.** Another study shows one in five male students thought forced intercourse was "OK" if he had spent money on a woman, was stoned or drunk, or if they had dated a long time.

FIRST CUP EVER

Los Angeles Kings star defenceman Drew Doughty and Conn Smythe Trophy-winning goalie Jonathan Quick rejoice after trouncing the New Jersey Devils, 6-1, in Game 6 of the NHL Stanley Cup final Monday in Los Angeles. It was the Kings' first-ever Stanley Cup win. More coverage, page 17. JULIE JACOBSON/THE ASSOCIATED PRESS

CHICKEN MILANO
Quiznos
$2 OFF - OR - $1 OFF
any large sub
any regular sub
50% OFF ANY SUB
with the purchase of a regular fountain drink
BUY 1, GET 1 FREE
of equal or lesser value
with the purchase of two regular fountain drinks

1

NEWS

On the web

More than just on bended knee

From viral videos to public proposals, popping the question is getting more creative. This year, an Atlanta filmmaker created a stop-motion Lego proposal for his girlfriend, and last year someone proposed through a custom film trailer. Watch these and more creative proposals at metronews.ca.

Remains of the drone

A U.S. naval drone aircraft crashed on Maryland's Eastern Shore on Monday without injuries or property damage on the ground, officials said. Go to metronews.ca to see the remains of the 13.4-metre plane after its routine training flight ended in disaster.

Mobile news

It was the stuff of a major film studio's next animation project: Nine African baby elephants were orphaned after their parents were poached, but then they were miraculously rescued and taken to a game park in Latin America. Scan the code to read the full story.

Conrad Hewitt announces his candidacy for Ward 1 councillor at the University of Regina campus on Monday. If elected, he would be the youngest councillor in city history. JEFF MACKEY/METRO

High-schooler makes bid for city council

Teen spirit. Ward 1 resident wants to tackle taxes, services, aging infrastructure

JEFF MACKEY
jeff.mackey@metronews.ca

What did you do for your 18th birthday? Have a party? Go for a long drive? Maybe you bought a pack of cigarettes, just because you could. Well, here's a new one for you: How about announcing your candidacy for city council?

That is exactly what 18-year-old Conrad Hewitt did, leaving school during his spare period on Monday to announce his candidacy for Ward 1 councillor in front of the press, friends and well-wishers at the University of Regina campus.

He was hoping to be able to make it back in time for English class. "Balance," said Hewitt, "is important."

He plans to campaign on striking a balance between taxes and services, restoring aging infrastructure and creating a more accessible city council. If elected, he would be the youngest councillor in city history.

Hewitt has lived in the Ward 1 area for most of his life and will be attending the U of R in the fall. He does not believe starting business studies will affect his ability to campaign in the fall.

"Many of the councillors have full-time jobs while doing council work. I am sure I can strike this balance with my schoolwork and council," Hewitt said.

The only other person who has announced an intention to run for the ward is John Klein. The incumbent, Coun. Louis Browne, has said he is not seeking re-election.

Ward 1 stretches from College Street in the north to Ring Road in the south.

Follow Jeff Mackey on Twitter @MetroJeffMackey

Indian Head shelterbelt

Farmers need tree-planting program: Petition

The Indian Head shelterbelt program provides benefits to farmers and should not be shut down, a group of concerned Saskatchewan residents said Saturday, as they presented a petition to Regina-Qu'Appelle MP Andrew Scheer.

The federal government has said the program will end in December 2013, unless a purchase agreement or partnership is arranged by Aug. 31. Scheer said he would take the petition to Ottawa and raise it for debate in Parliament.

"What really matters now is trying to extend the deadlines to find a partnership, and a local group are working hard at that," said Al Hubb, mayor of Indian Head. He said the town could lose up to 80 jobs if the tree-planting program is shut down.

JEFF MACKEY/METRO

Civic election

Ex-theatre GM to run for mayor

Marian Donnelly has joined the race for mayor of Regina. Donnelly was former general manager of the Globe Theatre, former executive director of SaskMusic and founder of Inner Circle Management. She joins candidates Dr. Liz Brass, Jim Elliott, Michael Fougere, Chad Novak, Meka Okochi and Charles Wiebe. The civic election is on Oct. 26.

Marian Donnelly CONTRIBUTED

JEFF MACKEY/METRO

'What is Regina?' Mad Men ref goes viral

John Slattery as Roger Sterling set the city atwitter with the line "What is Regina?" THE ASSOCIATED PRESS/AMC

Regina just got a whole lot trendier, in the Twitter-sphere at least. The popular AMC drama Mad Men mentioned the Queen City in its highly anticipated season finale on Sunday.

In classic Canadian fashion, Regina was in fact mentioned twice, once in English and once in French. Mad Men character Roger Sterling, played by John Slattery, was misrepresenting himself on the phone as Don Draper's father-in-law, part of a ruse to fool Draper's mother-in-law.

"How was Regina?" the mother-in-law asked in French.

"What is Regina?" replied Sterling in English.

Maybe you had to be there. But just like that, a Twitter trend was born.

"Did the acting, writing or direction make the Mad Men season finale memorable? Nope. It was Regina. Prairies, meet Madison Ave," said @tylersean.

"Did Regina get a shout out on Mad Men last night? How on earth did that happen? EXPLAIN." #yqr #sk #madmen," said @Poutine_Colleen.

TSN host Jay Ornait even chimed in on the issue with a tweet and a Mad Men screenshot. "The city that rhymes with Mad Men," said @JayOnrait.

"Probably a question asked by most non-Canadians," said @beltzner.

"Best Mad Men line of the season: 'What is Regina?'" said @MarcusYam.

Who knows what benefits await Regina after receiving the Mad Men bump? One hopes our fancy suits and expensive dresses are all in the mail.

JEFF MACKEY/METRO

More tweets

- @danmacrae: "Regina was mentioned on Mad Men. It's the city's first TV mention since 'Canada's Grisliest Parking Lot Deaths Vol. 4.'"
- @toddand429: "Uh-oh ... Mad Men busting out the Regina jokes. They really are timeless. #ocanada"
- @Krista_B_85: "I think a 'Welcome to Regina — once mentioned on Mad Men!' sign would be a great addition to #yqr. Too small town?"
- @markhubic: "Mad Men seazy fineezy: mentions Regina, SK. #whyqr #slic."

Little hope for quake victims in Afghanistan

Mountain village. Between 25 and 30 houses disappeared in landslide

5.7 magnitude

"The ambulances were there, but there was no one to put in the ambulances."

Jawed Basharat, police spokesman. A team of rescue workers and medics found on arrival that they could be of little use.

As many as 100 people are feared dead in an earthquake and landslide that buried more than 20 houses in northern Afghanistan on Monday, officials said.

Rescuers have so far pulled two women's bodies from the rubble of the landslide in Baghlan province, said provincial Gov. Abdul Majid. The UN confirmed one other death and said houses were destroyed across five districts.

A massive landslide of mud and rocks buried houses so deep in the remote mountain village of Sayi Hazara that rescuers gave up trying to use shovels to dig through the buried buildings, said Jawed Basharat, a spokesman for the provincial police chief who was part of a team that examined the village after the slide. There were no visible signs of the buildings underneath.

"We need bulldozers or other machinery to remove all this earth and get the bodies out, or the survivors," Basharat said. THE ASSOCIATED PRESS

Oops. British PM left his daughter behind after visit to pub

British Prime Minister David Cameron is seen in a file photo with his wife, Samantha. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

Prime Minister David Cameron and his wife got home from lunch about two months ago with friends at a pub in the English countryside to discover they forgot something: Eight-year-old daughter Nancy.

Nancy was fine — she was quickly reunited with her parents after they realized she was missing. But Cameron's parenting skills took a drubbing Monday, just weeks after the government set up a program to give parents of young children classes on how to raise them.

Downing Street said the incident happened "a couple of months ago" as the family was leaving a pub near Chequers, the official country house prime ministers use when they want to escape London.

The Camerons, some friends and their children had gone for Sunday lunch to the Plough, an establishment in the village of Cadsden dating back to the 16th century, when it was a staging post for London coaches.

As the Camerons' visit with friends neared its conclusion, Nancy went off to use the bathroom. Minutes later, the families piled into two cars to drive back to Chequers, in the countryside west of London.

Cameron was travelling in one car with his bodyguards and assumed that Nancy was in the other car with his wife Samantha and their two other children. Samantha, however, assumed young Nancy was with her father, and they only realized she was missing when they got home.

THE ASSOCIATED PRESS

Toronto shooting

Mall gun victim, 13, now out of hospital

The 13-year-old boy who was hit in the head by gunshots fired at Toronto's downtown Eaton Centre has been released from hospital. He was visiting the popular mall's food court with his family when the shooting broke out on June 2. He was among six people wounded in the shooting, which also left one man dead. THE CANADIAN PRESS

Leaders alarmed

Israel to deport thousands of illegal African migrants

Israeli authorities detained dozens of African migrants in predawn raids early Monday, in the first major step toward what leaders say will be the deportation of 4,500 people who have entered the country illegally.

The arrests were the harshest move yet against migrants, reflecting growing concern about the effect on Israel of tens of thousands of Africans who have sneaked into the country across the porous Egyptian border in recent years.

Israeli leaders have grown increasingly alarmed by the influx, calling it a burden and threat to the country's Jewish character.

Interior Ministry spokeswoman Sabine Hadad said 55 people, including 45 from South Sudan, were rounded up in Monday's raids, which took place in several towns across the country. THE ASSOCIATED PRESS

Guilty plea

B.C. hockey rioter gets time in prison

A one-month jail sentence has been handed to a 20-year-old Surrey, B.C., man for his role in the Stanley Cup riot a year ago. Emmanuel Alviar was also given 16 months probation and ordered to perform 160 hours of community service after pleading guilty in March to participating in a riot.

THE CANADIAN PRESS

Technology

Apple integrates Facebook into iPhone software

Fresh off a disappointing initial public offering, Facebook is getting a big boost from Apple, which is building the social network deep into its iPhone and iPad software.

With the next version of Apple Inc.'s software, users will be able to update their Facebook status by talking to their phones.

Users will also be able to "like" movies and apps in Apple's iTunes store, Apple executive Scott Forstall said in San Francisco at Apple's annual developers' conference.

Even as Apple lends Facebook a hand, it's cutting off one of its links to Google Inc., which makes a rival suite of software for smartphones. IOS 6 will use Apple's own Maps applications rather than Google's.

The application will come with traffic reports and turn-by-turn navigation.

THE ASSOCIATED PRESS

CEO Tim Cook kicks off Apple's conference in San Francisco Monday. PAUL SAKUMA/THE ASSOCIATED PRESS

Market Minute

DOLLAR 96.97¢ US (-0.4¢)

TSX 11,401.78 (-98.85)

OIL $82.70 US (-$1.40)

GOLD $1,596.80 US ($5.40)

Natural gas: $2.218 US (-8.1¢)
Dow Jones: 12,411.23 (-142.97)

Markets not affected by budget delays

Omnibus bill. Harper government selling speedy passage of C-38 as essential to job creation, economy

The political brouhaha over the Harper government's massive omnibus budget bill seems to have raised barely a ripple in the arena it's supposed to matter most — equity and financial markets.

That's because regardless of the merits of the 425-page bill under scrutiny in Parliament, economists say there are few worries on Bay Street that at the end of the day the budget will be rejected, an unusual response given the way the government has sold the urgency of passing C-38 — and quickly.

For the past several weeks, Tory ministers have pressed the case that delay is not an option given the fragile nature of the economy and that jobs and growth were at stake.

Budget components

The budget's major themes have an eye to the long game — free trade and innovation as economic drivers, a more sustainable public-pension system that won't kick in until 2023, changes to environment-protection rules to speed up future resource projects, and tweaks to employment insurance eligibility rules to encourage job seeking.

On Sunday, Tory House Leader Peter Van Loan characterized the issue in stark terms.

"The NDP and Liberals' obstruction and delay is a threat to Canada's economic growth and prosperity," he affirmed in a release. The opposition dismissed such warnings as so much hooey, that, in Green party Leader Elizabeth May's words, they "would be laughable if it weren't so serious."

THE CANADIAN PRESS

Bank of Canada governor Mark Carney speaks at the International Economic Forum of the Americas in Montreal on Monday. GRAHAM HUGHES/THE CANADIAN PRESS

Europe takes steps to steady banks: Carney

Europe is taking important steps to resolve weaknesses in its banking system that threaten one of the world's largest economic powerhouses, Bank of Canada governor Mark Carney told an economic conference Monday.

Carney said moves to centralize and recapitalize banks on a European rather than national basis will help to "break the increasingly toxic links between banks and sovereigns."

Earlier Monday, the International Economic Forum of the Americas was told Europe faces severe challenges but is taking the right steps by solidifying the banking system of its weakest members.

Michel Barnier, European commissioner responsible for internal market and services, told the conference he didn't think Europe is at "one minute to midnight."

Haruhiko Kuroda, president of the Asian Development Bank, said further deterioration in Europe could drag the world economy back into recession.

He called Spain's recent decision to recapitalize its banking sector by borrowing money a significant step forward and could pave the way toward a banking union or fiscal union.

Spain became the fourth European country to seek a bailout, receiving up to $125 billion US for its banks in a deal announced on the weekend following help provided for Greece, Ireland and Portugal.

THE CANADIAN PRESS

THERE'S NO DEFENCE FOR DIGITAL SNOOPING

SHE SAYS...
Jessica Napier
metronews.ca/shesays

I hate to admit it, but sometimes I can't resist the urge to take a nosy peek through the contents of my boyfriend's cellphone.

I've never felt suspicious of him, maybe just a bit curious as to what I might find. Fortunately, I've never discovered any incriminating materials or made any startling revelations about our relationship. All I ever find is a series of missed calls from his mother and an embarrassingly low Angry Birds score.

I spy with my little eye

"While feeling the desire to pry into password-protected belongings isn't intrinsically wrong, acting upon it certainly is."

Even though my occasional smartphone spying is relatively harmless, I always feel foolish and irritated with myself afterwards for acting like a jealous teen. Being in a grown-up relationship requires a certain level of trust. So while feeling the desire to pry into password-protected belongings isn't intrinsically wrong, acting upon it certainly is.

For some people, a logged-in Facebook account or an unlocked iPhone is just too tempting. If you do give in to the urge, it's always a disappointing experience. You'll never find a series of text messages to his or her friends about how amazing you are. Best-case scenario, you'll scroll through a series of boring work emails and perhaps a few photos of the two of you. At worst, you'll catch your partner in a hazardous web of secrecy and lies.

So why do we spy even though we know that no good can come from it? The desire to play detective can stem from many things: Suspicions of foul play, insecurity or jealousy. But whatever the reason, even if it is just innocent curiosity, there's no respectable excuse for violating your partner's privacy.

Not only is it morally questionable to breach someone's personal property, it can be an emotional minefield. Hacking into a Facebook account to find proof of infidelity might validate your jealousy, but it isn't going to make you feel any better. The catch-22, of course, is that you can't confront your adulterous other half without exposing your own immature, unethical behaviour.

Happy, healthy relationships are the result of hard work and open communication. If you're not satisfied with face-to-face dialogue and feel the need to go behind the other person's back, well, then something isn't right.

Ultimately, there is no excuse for betraying your partner's trust in the name of private investigation. So think before you act and be honest with yourself — you're not doing it to learn more about his or her taste in apps, you're hoping to find something incriminating.

And remember, if you go looking for something bad, you're probably going to find it.

Unearthing China's past

THE ASSOCIATED PRESS

Warriors revealed

Standing tall, again, centuries later

A terracotta warrior is unearthed at the excavation site inside the No. 1 pit of the Museum of Qin Shihuang Terracotta Warriors and Horses in Xi'an, in central China's Shaanxi province, in this photo taken on Saturday.

Chinese officials said archaeologists unearthed 110 terracotta warriors that laid buried for centuries. THE ASSOCIATED PRESS

Researchers unearth statues at the excavation pit. The statues were originally built to guard the tomb of China's first emperor. THE ASSOCIATED PRESS

Historic find

"The most significant discovery this time around is that the relics that were found were well-preserved and colourfully painted."

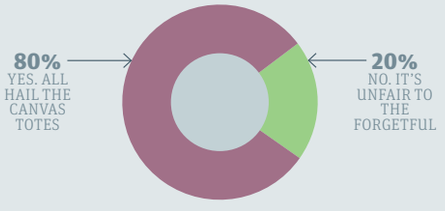
Shen Maosheng, deputy head of the Museum of Qin Shihuang Terracotta Warriors and Horses archaeology department, speaking to the AFP of the three-year project.

Look and you shall find. GETTY IMAGES

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Should cities ban plastic bags?



Twitter

@_northwinds: #ULoveACelebrityTooMuchWhen you know more about them than you do about your own friends and family. #yqr

@ChrisLaneCBC: Why is it easier to use a credit card on an AIRPLANE than in a #yqr taxi? It's like I just asked to sleep on the guy's couch for a week.

@brownejay: Can someone explain why gas is always more expensive in #yxe and #yqr than the rest of #sk?

@Feztickle75: To the lady who tried to tell me I dropped my hat as I ran around construction on Broad, sorry, I thought you were just being officious

@claybakke: Running a train over ring road during rush hour is bush league #YQR

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **National Sales Director** Peter Bartrem • **Sales Manager** Kim Kintzle • **Distribution Manager:** Darryl Hobbins • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Marketing & Interactive** Jodi Brown, **Vice-President, Finance** Phil Jameson **METRO REGINA** • **Telephone:** 306-584-2025 • **Toll free:** 1-877-895-7194 • **Fax:** 1-888-243-9726 • **Advertising:** adinforegina@metronews.ca • **Distribution:** regina_distribution@metronews.ca • **News tips:** regina@metronews.ca • **Letters to the Editor:** reginaletters@metronews.ca

2
SCENE

Scene in brief

Jersey Shore's Cortese arrested

A Jersey Shore cast member has been arrested in the New Jersey town where the MTV show is based. Seaside Heights Police Chief Tommy Boyd tells WNBC TV in New York that Deena Cortese was arrested Sunday afternoon on a disorderly conduct charge. Boyd says a borough officer saw Cortese "a little intoxicated" and standing in the middle of a street, slapping cars that were driving by. Boyd says Cortese was taken to police headquarters and later released on a summons. MTV publicists did not immediately respond to requests for a comment, and a number for Cortese could not be located. The popular reality show just recently started shooting its new season in the Ocean County community.

THE ASSOCIATED PRESS

On the web

A moody Mad Men season finale with Don Draper, a man who has it all, except contentment

DVD reviews

Sherlock Holmes: Game of Shadows

Director. Guy Ritchie

Stars. Robert Downey Jr., Jude Law, Jared Harris

It was elementary that there'd be a sequel after the success of Robert Downey Jr.'s first muscular evocation of the Sleuth of Baker Street. But did it have to be this mechanical? Teamed again with Jude Law as his bromantic partner Dr. Watson, Downey gets off a few good lines and achieves some mild suspense. But his first screen pairing with Prof. Moriarty (Jared Harris), the classic Holmes nemesis, is drained of passion for much of the picture. Returning director Guy Ritchie favours endless versions of slo-mo previews of action sequences. Downey, Law and Ritchie need to do some detective work to find more compelling scripts, if this franchise hopes to continue.

PETER HOWELL

In Darkness

Director. Agnieszka Holland

Stars. Robert Wieckiewicz, Benno Furmann

The shorthand description of In Darkness, a stirring work by Polish director Agnieszka Holland, is that it's a subterranean version of Schindler's List. This film and the 1993 Steven Spielberg Oscar winner both feature accidental heroes, people moved by circumstance to aid Hitler's prey. Schindler's rough blue-collar counterpart is Leopold Socha (Robert Wieckiewicz). He makes In Darkness seem as much a description of his soul as it is of tunnel life beneath the streets of Nazi-occupied Lvov, Poland. Leopold is a friend neither to the Germans, whom he despises, nor to the Jews, whom he and his fellow anti-Semites consider second-class citizens. A thief by opportunity and instinct, he's in for his own welfare, and that of his wife and their young daughter.

PETER HOWELL

Adam Sandler and Andy Samberg star in That's My Boy, which opens Friday. HANDOUT

Funnyman Sandler ramps up the raunch

That's My Boy. Actor treads into R-rated comedy territory for the first time — with Andy Samberg in tow

NED EHRBAR
Metro World News in Hollywood

Folks who aren't the biggest fans of Adam Sandler's brand of humour might find it hard to believe, but he's never starred in an R-rated comedy — until his latest, That's My Boy, that is. While his rare dramatic efforts generally get the restricted rating, Sandler has stuck firmly in PG-13 territory when it comes to his comedies. And it's paid off for him. In the past five years, only two films starring Sandler — the drama Funny People and last year's dismal Jack and Jill — have grossed less than $100 million at the U.S. box office, and worldwide his movies have pulled in $3.2 billion. So if playing to the middle school crowd had proved so lucrative for him, why risk ramping up the raunch now?

"I've done some stuff in the past few years where I've cursed a bit and it felt good," Sandler admits, though he says his decision to go with the R-rated That's My Boy was purely motivated by the story itself. "It was just a funny script. I liked the idea, and I liked the idea of hanging out with everybody. (Andy) Samberg actually called me up and told me that he liked it, and that got me excited."

But certainly for Sandler — who has proved a savvy producer and executive with Happy Madison Productions — that's not really it. After all, in the past few years R-rated comedies have become a viable proposition for studios once again, especially with the success of films like the Hangover and Bridesmaids. For a man that's made millions keeping it clean, such a sea change couldn't have gone unnoticed.

"It was fun to speak the way that I speak in my bathroom," Sandler says. "I grew up cursing a lot. It felt natural. My parents told me to stop. They weren't enjoying my albums, and they weren't enjoying a lot of the things I did with my life. And then, my father passed away and he's not here to yell at me anymore. I bullied my mother and said, 'Here comes some more dirtiness. Sit and enjoy it.'"

Still, as much fun as Sandler had, he insists he's still taking everything on a project-by-project basis — though that of course could change if That's My Boy performs well. "If a movie comes to me that is rated R and I like it and connect with it, I would do that," he says. "But it wasn't a choice. I don't know what I'm doing next. I never know what's coming next. I definitely yell at people in my life going, 'What the f– am I doing next?' a lot. But I don't really ever know what's happening."

SNL memories

Sandler's words of advice

Co-starring with Andy Samberg — who recently announced his departure from Saturday Night Live — gave SNL alum Adam Sandler a chance to think about his own departure from the long-running comedy show 17 years ago. "You're scared when you go. SNL is a home," Sandler says. "There are 20 shows a year and you're definitely going to get on some of them and get to do your thing. When that goes away, there's no life jacket. You're just on your own and you've gotta figure it out."

She's on the edge... of passing out: Gaga goes on post head bonk

Lady Gaga ALL PHOTOS GETTY IMAGES

Lady Gaga reportedly suffered a concussion after a backup dancer accidentally whacked her in the head with a pole during a concert in Auckland, New Zealand, according to Us Weekly. But while she was seen staggering backward after the blow, the singer continued, finishing her show.

"Gaga has a concussion but she is going to be OK," her makeup artist, Tara Savelo, posted to Twitter Monday. "Can't believe she finished the show."

Getting the job done

"Can't believe she finished the show."

Makeup artist Tara Savelo on Twitter

Cannabis vs. cancer

Tommy Chong

Tommy Chong, one half of comedy duo Cheech & Chong and a longtime marijuana enthusiast, has revealed that he was diagnosed with prostate cancer — and he's using cannabis to treat the condition, according to CNN. Chong says he started seeing symptoms eight years ago "while incarcerated for selling drug paraphernalia," he says.

Chong is using hemp oil to fight his "slow state one" cancer, "so (legalizing marijuana) means a lot more to me than just being able to smoke a joint without being arrested," he says.

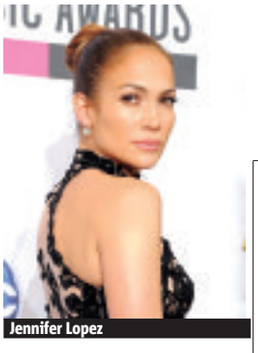
The rock don't mean a thing: J. Lo jewels not about nuptials

Jennifer Lopez stepped out recently with boyfriend Casper Smart — and an eye-catching diamond ring on her left hand, prompting engagement talk about the couple.

But Lopez is quick to shoot them down.

"Rumours! Don't be fooled by the rocks that I got," Lopez says in a statement on her website, quoting one of her hit songs.

"No engagement!"



Jennifer Lopez

Twitter

@nicolerichie
My cat wants to drop her last name and only go by "Gypsy", that egotistical bitch

@_juliannemoore
I am never listening to my dog about the NBA again.

@aplusk
Are we sure that banning Big Gulps in NY is constitutional?

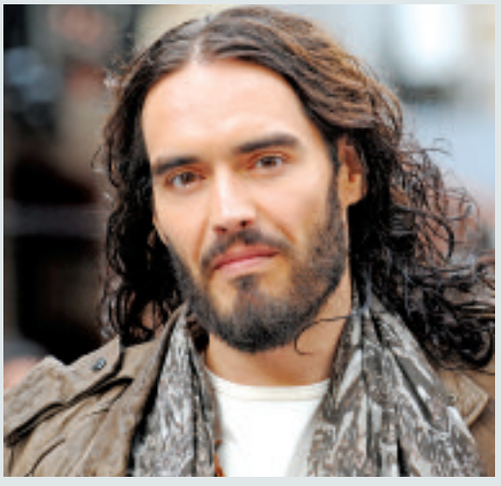
@SethMacFarlane
From now on, songs are no longer allowed to use the words "baby" or "yeah".

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Brand is going for this look, thank you



THE WORD
Monica Weymouth
scene@metronews.ca

He was on home turf and brought his mom as a date, but even still, Russell Brand couldn't catch a break at the London premiere of Rock of Ages. While the comedian walked the red carpet for his new film, fans yelled that he looked like "Jesus" and a "homeless person."

Brand — like most people confined to skin-tight jeans and ornamental cowboy boots — didn't risk getting in a fight, instead taking it as a compliment.

"I'd like to play Jesus, and wasn't he homeless for a while too?" he answered, according to UK newspaper The Mirror.

He also admitted that his role as a rocker with a wild streak wasn't that much of a stretch.

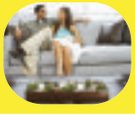
"When I was lying on the toilet floor I thought, 'Hello, here we are again on my own,'" says Brand, who struggled publicly with drugs and alcohol before sobering up.

ENTER NOW AT CLUBMETRO.COM
AND YOU COULD WIN
A VIP FLY AWAY
PACKAGE FOR TWO
TO LOLLAPALOOZA 2012
PLUS A 1-YEAR RDIO SUBSCRIPTION

THE SHINS
will be performing
at Lollapalooza

rdio
www.rdio.com
club metro
Lollapalooza
To register and for full contest details, visit clubmetro.com

NEED COOL DESIGN TIPS?
Read metro home every Thursday.



GOD-GIFTED PSYCHIC
• RETURNED LOVERS • SOLVE ALL PROBLEMS
CALL FOR EMERGENCY HELP
1 FREE QUESTION
1-800-232-4288

3 LIFE

Picks of the week

Summer skin pick

Kiehl's AÇAÍ Damage-Repairing Serum

Enriched with anti oxidant açaí berries, this super serum will help restore the tone and elasticity of your sun-damaged skin and ward off the first signs of ageing. Gently massage onto clean skin before you moisturize.
ROMINA MCGUINNESS

50%

According to a clinical trial published in the Canadian Medical Association Journal, taking iron supplements reduced fatigue by almost 50 per cent in women who are low in iron but not anemic.
METRO

On the Web

Study: Cutting isn't just a teen thing — even some seven-year-olds self-injure to cope with stress

The summer skin DIY guide

ADVICE. Don't let a sunburn ruin your summer holiday — or your health. Use the Fitzpatrick Skin Type chart, a skin classification system based on complexion, to determine your tolerance and resistant to the sun's UV rays.

ROMINA MCGUINNESS
life@metronews.ca

Skin-care expert Michelle Moyer, founder of the Pulse Laser & Skin Care Center in New York, helps you identify your skin type, to help you have a sun-filled, but damage-free summer.

Define your type

- **You never or rarely tan and always burn.** Skin type 1-2
- **You often tan and rarely burn.** Skin type 3-4
- **You always tan and very rarely burn.** Skin type 5-6

Problem Solved

So...will I get cancer? Help!

MICHELLE MOYER
Skin care expert

Why is lighter skin more prone to skin cancer than darker skin, but less prone to skin allergies?
Michelle Moyer: "Lighter skin is more prone to skin cancer as it has less melanin, which is what protects it from sun damage.

The less melanin you have, the less protection you have from the sun, and the higher your risk of skin cancer. But when choosing skin treatments, such as chemical peels or microdermabrasion, lighter skin tones can tolerate more aggressive treatments because they're linked to polar region ancestry and can tolerate harsher conditions."

TYPE 1: ala Lily Cole

Natural skin colour before sun exposure: extremely pale or ivory white.
You have: blonde or red hair and light eyes.
Reaction to sun exposure: you never tan.
Sensitivity: highly sensitive to the sun but resilient to peels.

SKIN TIPS:

- **SPF.** 30+ and clothing of UPF (Ultraviolet Protection Factor) of 30+
- **Risk of sunburn on a scale of (1-10).** 10
- **Risk of skin cancer.** high
- **Best time for sun exposure.** before 11 a.m. and after 5 p.m.

TYPE 4: such as Jennifer Lopez

Natural skin colour before sun exposure: brown to dark brown.
You have: dark brown to black hair and brown, blue or green eyes.
Reaction to sun exposure: you tan well and rarely burn.
Sensitivity: you're sensitive to peels.

SKIN TIPS:

- **SPF.** 15+ with a PPD factor 8 (Persistent Pigment Darkening)
- **Risk of sunburn (1-10).** 4
- **Risk of skin cancer.** low
- **Best time for sun exposure: before noon and after 4 p.m.**

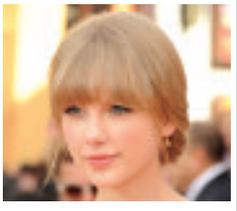
TYPE 2: such as Taylor Swift

Natural skin colour before sun exposure: fair with a golden undertone.
You have: dark blonde to brown hair and green, hazel, blue or brown eyes.

Sensitivity: sensitive to the sun but resilient to peels, microdermabrasion and other facial treatments

SKIN TIPS:

- **SPF.** 30+ and clothing of UPF (Ultraviolet Protection Factor) of 30+
- **Risk of sunburn (1-10).** 8
- **Risk of skin cancer.** high
- **Best time for sun exposure.** before noon and after 5 p.m.

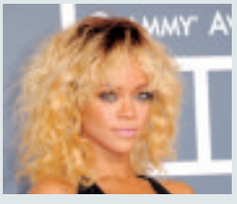


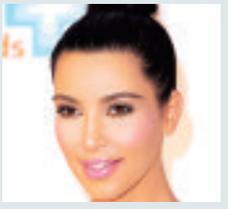
TYPE 5: such as Rihanna

Natural skin colour before sun exposure: dark brown.
You have: dark brown to black hair and hazel, brown or dark eyes.
Reaction to sun exposure: you almost never burn and tan easily. Sensitivity: you are very sensitive to facial treatments but not to the sun.

SKIN TIPS:

- **SPF.** 15+ with a PPD factor 8
- **Risk of sunburn (1-10).** 2
- **Risk of skin cancer.** low
- **Best time for sun exposure.** avoid the hours from noon till four





TYPE 3: such as Kim Kardashian

Natural skin color before sun exposure: light brown to olive.
You have: brown to dark brown hair with blue, green, hazel or brown eyes.
Reaction to sun exposure: you often tan but occasionally burn.
Sensitivity: Moderately sensitive to the sun.

SKIN TIPS:

- **SPF.** 30+ with a PPD factor 8 (Persistent Pigment Darkening)
- **Risk of sunburn (1-10).** 6
- **Risk of skin cancer.** medium
- **Best time for sun exposure.** before noon and after 4 p.m.

TYPE 6: such as Naomi Campbell

Natural skin colour before sun exposure: dark brown or black.
You have: black hair and dark brown eyes.
Reaction to sun exposure: you tan very easily and have a very small chance of burning. Sensitivity: you are highly sensitive to facial treatments, but not the sun.

SKIN TIPS:

- **SPF.** 15+ with a PPD factor 8
- **Risk of sunburn (1-10).** 1
- **Risk of skin cancer.** low

Best time for sun exposure avoid the hours from noon till four

Best Health

Burn calories in the garden

If you like gardening, you know it's a good workout — sometimes you can wake up the next morning and feel like you've just run a marathon. That's because when you're out in the fresh air surrounded by plants and flowers, it's easy to forget you're actually exercising. Bending, raking, digging and hauling bags of mulch requires flexibility and strength — in fact, you can burn 300 calories an hour gardening.
In the summer issue of Best Health magazine, on newsstands now, you can find an article all about how the secret to getting the most out of your "garden workout" is an adequate warm-up and stretching. Here is some of that advice:
– Walk around outside for a few minutes to warm up, then do some gentle stretches of your hamstrings, quadriceps and lower back.
– Once you start gardening, change positions at least every 15 minutes.
– Use a kneeling pad to reduce stress on your knees.
– Use a wheelbarrow to carry heavy bags such as soil.
– Always wear sunscreen and a wide-brimmed hat, even on grey-sky days.
– And keep a bottle of water with you so it's easy to stay hydrated
TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.

Thoughts on

Kindness

Ask yourself: have you been kind today? Make kindness your daily modus operandi and change your world and of those around you. Whether you are giving or receiving, it is a gift to all involved. Kindness is in our nature; practice giving and receiving it freely.
NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE.

This ain't your mom's ham-and-cheese sandwich

Guinness Marinated Flank Steak Sandwiches

This recipes serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

The depth of flavour from the Guinness marinade in this recipe is enhanced by a touch of rich herb and garlic cheese that melts on the hot steak and onions.

Freeze the cheese to make it easier to shave just enough on the top of the grilled steak and onions. This prevents too much cheese from being layered on.

Onions are easier to grill without falling apart if you skewer them before cooking. Cut an onion into 1-cm (1/two-inch) thick slices. Thread the centre of each onion with a bamboo skewer that has been soaked in water. Place the onion skewers on the cooking grates and turn once halfway through cooking.

1. Use paper towels to pat steak dry, then set it in a glass or stainless-steel container with a tight cover. Pour Guinness over steak. Set onion slices on top of steak, then cover container and refrigerate for 1 to 2 hours.

2. Heat a gas or charcoal grill to medium. Set cheese in freezer. Remove meat and onions from marinade and pat dry. Brush everything with a thin coat of olive oil, then season with salt and pepper. Place steak and onions on cooking grate over direct heat and sear for 6 to 8 minutes. Turn steak and onions and sear on second side for another 6 to 8 minutes. (Alternatively, you also can sear steak and onions on a stovetop grill or grill pan for several minutes per side, then finish cooking in a 180 C/350 F oven set on a rack over a sheet pan.)

3. Transfer steak and onions to a platter. Remove cheese from freezer and use a vegetable peeler or paring knife to shave Boursin on top of steak and onions. Cover with foil and set aside. Brush each slice of bread with oil, then grill them until lightly toasted, 1 to 2 minutes. Thinly slice steak, then assemble sandwiches with bread, steak and onions.

Ingredients

- 1-kg (2-lb) flank steak or London broil, at least 2.5 cm (1 inch) thick
- 1 can (441 ml/14.9 oz) Guinness beer
- 2 large red onions, cut into 1-cm (1/2-inch) thick slices
- 1 small container Boursin cheese
- Olive oil
- Kosher salt and ground black pepper, to taste
- 8 thick slices country bread

THE ASSOCIATED PRESS/ ELIZABETH KARMEL, A GRILLING AND SOUTHERN FOODS EXPERT AND EXECUTIVE CHEF AT HILL COUNTRY BARBECUE MARKET RESTAURANTS IN NEW YORK AND WASHINGTON, AS WELL AS HILL COUNTRY CHICKEN IN NEW YORK.

Breakfast Pie for dinner.
Try this savoury pie for the ultimate comfort meal

1. Bake pie shell in 200 C (400 F) oven according to package directions for a baked pie shell; set aside.

2. In a skillet, fry bacon until crispy, remove and drain on paper towels. Toss with maple syrup and set aside.

3. Heat sausage according to package directions and place on bottom of baked pie shell. Top with shredded cheese and half the bacon.

4. In a bowl, whisk eggs and milk. Season with salt and pepper. Pour into pie shell.

5. Bake in 180 C (350 F) oven 30 mins. until filling is almost set. Sprinkle with remaining bacon and bake for an additional 15 mins. or until egg mix has set. Let stand 5 mins. before serving. THE CANADIAN PRESS/MAPLE LEAF FOODS AND TENDERFLAKE/ EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, AND CHEF. VISIT, EMILYRICHARDSCOOKS.CA)

Ingredients

- 1 frozen deep-dish pie shell
- 6 slices reduced salt bacon, coarsely chopped
- 30 ml (2 tbsp) pure maple syrup
- 5 fully cooked sausage rounds
- 125 ml (1/2 cup) shredded cheddar cheese
- 5 large eggs
- 125 ml (1/2 cup) 2% milk
- Salt and pepper to taste

Get addicted to sweet heat

1. In bowl mix together the barbecue sauce and honey. Refrigerate until needed.

2. Divide the bottle of Frank's hot sauce evenly between the 2 plastic bags. Add half of the chicken to each bag, then seal the bag and turn to coat evenly. Refrigerate to marinate for at least 2 hours, or up to overnight.

3. When ready to cook, heat one side of the grill to medium, the other to low. Remove the barbecue-honey sauce from the refrigerator to warm to room temperature.

4. Open each bag just at corner and tip it over sink to drain the marinade. Add 2 tablespoons of olive oil and a pinch of salt to each bag, then reseal the bags and shake gently to coat. Using tongs, transfer the chicken to the cooler side of the grill.

5. Cover the grill and cook for 40 minutes, or until starting to brown. Remove the chicken from the grill and place in a large bowl. Pour the barbecue-honey sauce over the wings, then use tongs to toss.

6. Place wings back on the grill for another 15 to 20 minutes. Remove from the grill and let rest for 5 minutes before serving. THE ASSOCIATED PRESS/ ELIZABETH KARMEL, GRILLING AND SOUTHERN FOODS EXPERT AND EXECUTIVE CHEF AT HILL COUNTRY BARBECUE MARKET RESTAURANTS IN NEW YORK AND WASHINGTON, AS WELL AS HILL COUNTRY CHICKEN IN NEW YORK

Ingredients

- 1 cup molasses-based barbecue sauce
- 1 cup honey
- 12-oz bottle Frank's Red Hot Original Cayenne Pepper Sauce
- 2 gallon-size heavy-duty zip-close plastic bags
- 4 lbs chicken wings
- 4 tbsp olive oil, divided
- Fine-grain sea salt

Keep dogs playing strong with new Iams Senior Plus.
NEW
SEE THE IAMS DIFFERENCE GUARANTEED
Puppy 0-1
Adult 1-6
Mature Adult 7-10
Senior Plus 11+
Iams Senior Plus for dogs 11 and older. It helps restore the immune response to that of a healthy adult dog and helps fight signs of aging.
*IAMS DOG FOODS OFFER A 100% SATISFACTION GUARANTEE. Questions? Comments? Call us at 1-877-894-4458. If you are not satisfied with this product, simply save the unused portion, together with the proof of purchase, and call us. We will gladly replace the product or refund your money.
**vs Iams Original or Iams Adult.
Available at Walmart
Save money. Live better.

Bread-and-butter etiquette

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Charles the Butler, Could you please explain the proper etiquette for slicing bread at the table? Sometimes restaurants serve a small loaf of bread, which is supposed to be cut at the table and shared by the patrons. Do I cut it just for myself or for everyone? I have to hold the other side of the bread while I'm cutting it — isn't this unsanitary for the other people at my table? Rachel

The bread bowl at a restaurant comes with a lot of etiquette rules. ISTOCK

Hello Rachel,

Lets start with the simplest ways to deal with bread at the table. If bread is served in a basket, already cut, then take one piece and put it on your bread-and-butter plate.

If you are served a small loaf in a restaurant, it would always be polite to cut several pieces and offer everyone at the table some of the bread.

In both cases you would always serve yourself last because it is polite to allow others to go before you. As well, hopefully the piece you were holding will become your piece.

Never draw attention to a task at the table; simply cut the bread, offer it around to everyone, then take your piece, all the while having conversations with everyone at the table. Now, just as an aside, technically it is the hostess who deals with offering bread and cutting it, however in a more casual restaurant setting, this is something anyone can do at the table.

Once you have the bread on your plate, how do you deal with butter?

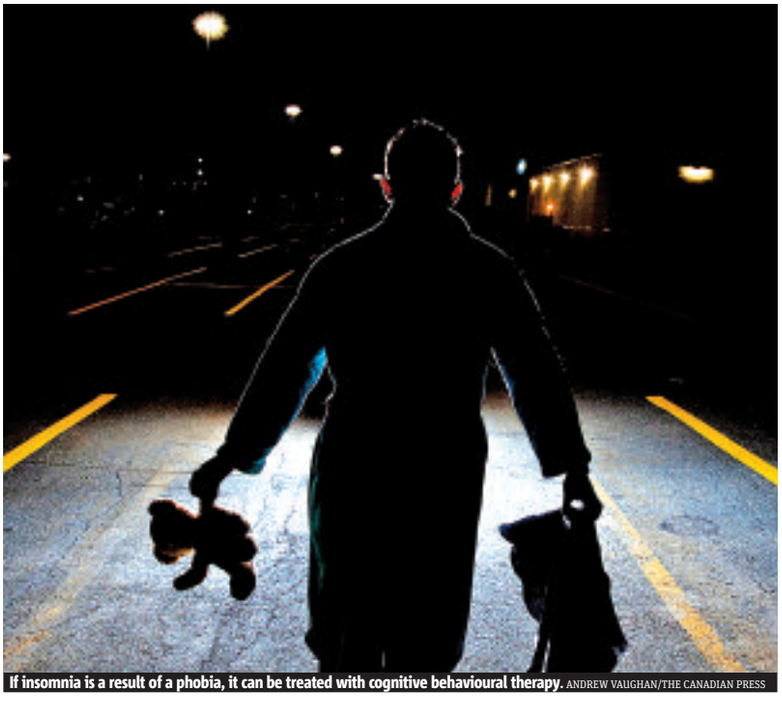
Use the butter knife to take butter from the butter dish to your side plate, then return the butter knife to the butter dish.

Now break a small one-bite size piece of bread and use your butter spreader from your bread-and-butter plate to put a small amount of butter on your bread and eat the entire piece of bread all at once.

Remember, the only time you can ever butter an entire piece of bread and eat it is at the breakfast table.

Who's afraid of the dark?

Research. Phobia may be cause of insomnia for some sufferers



If insomnia is a result of a phobia, it can be treated with cognitive behavioural therapy. ANDREW VAUGHAN/THE CANADIAN PRESS

For some people with insomnia, the source of their sleeplessness may be an unexpected one.

New Canadian research suggests fear of the dark may be behind the sleepless nights that some insomniacs experience.

The research is preliminary and the scientists say more studies will be needed to gauge how big a problem this is and whether it affects women and men across various age groups.

But if they are right, it could be good news for some insomnia sufferers. Phobias like fear of the dark can be successfully treated with cognitive behavioural therapy, said senior author Colleen Carney, director of the Sleep and Depression Laboratory at Ryerson University in Toronto.

"We don't ask about this. We don't assess for this phobia and we don't treat the phobia. And we could," said Carney, who presented her team's study Monday at a major sleep medicine conference in Boston.

The idea is the result of a couple of threads of thought coming together.

Carney said she had noticed a lot of the patients her lab sees sleep with a light on or with a TV or computer on in the bedroom. And she started to remark that some people with insomnia talked about the dark in phobic terms.

So the group decided to try to see if there was anything to the idea. But they figured asking insomniacs flat out if they were afraid of the dark wouldn't work. Most people would be too embarrassed to own up to the fear, they felt.

So they designed a test to objectively measure whether poor sleepers were more fearful in the dark than good sleepers. As it turned out, quite a few of the 93 participants in the trial did admit to being afraid of the dark — around half of the poor sleepers. Fewer than 20 per cent of good sleepers said they were afraid of the dark. The median age of participants was 22 years old.

The objective test involved having poor and good sleepers spend time in the sleep lab, both in darkness and in light. At random intervals, a noise was blared through the headphones participants wore, and the researchers recorded information on whether the subjects were visibly startled by the noise.

In the light, both groups reacted the same way to the noise. But in the dark phase of the trial, good sleepers became habituated to the noises, but poor sleepers had stronger reactions.

"In the dark, the poorer sleepers were more startled by it. And they became increasingly scared as the experiment went on," she said.

At a point they also used what Carney called a pre-pulse — a faint noise that signalled that the louder one was coming. For the poor sleepers, it actually seemed to increase their dread of the impending noise.

"We have now objective and subjective evidence that for some people fear of the dark is a significant part of this, because basically it means the bed time and night period, they are already going to be coming in with tension," Carney said.

THE CANADIAN PRESS

25 IDEAS TO COOL DOWN

When it's blistering hot outside, here are 25 great ways to cool down.

FIRST, REDUCE THE HEAT IN THE HOUSE

1 During the day, close the windows and use shades and blinds to keep the warmer outside air out.

2 Tilt horizontal blinds upwards, according to BC Hydro —this will block heat but still allow light in.

3 Change window dressings to light coloured curtains, etc., which also reflect the heat out.

4 Replace heat-emitting incandescent bulbs with compact fluorescent light bulbs, says Lauren Mangion, Healthy Homes adviser at Green Calgary, an urban environmental non-profit organization.

5 Apply low E reflective film to your windows to reflect heat away. Available at hardware stores.

6 Open windows at night to let cooler outside air in.

7 Plant deciduous shade trees on the southern and western sides of the house, says Mangion.

NEXT, PLAN YOUR ACTIVITIES AROUND THE WEATHER

8 Stay put if it's high noon ... plan activities for early in the morning or late in the day when it's cooler, says Mo Hagan, VP of operations, GoodLife Fitness, London, Ont.

9 Immerse yourself — in a public pool or a lake.

10 Run through a sprinkler with your kids.

11 Spend time at an air conditioned shopping mall, public library, movie theatre or other public space.

12 Midday, relax in an easy chair in the shade and use cooling cucumber slices as a compress on your forehead.

DRESS COOL

13 Wear loose fitting, light-coloured clothing.

14 When Hagan runs in the heat, she soaks a cap in cold water and wears it. This will work if you're gardening, too.

CAMERON SPENCER/PHOTODISC/THINKSTOCK

15 Wear long hair up and off your neck.

REFRESH YOURSELF

16 Keep mist toner spray in the fridge and spritz your face!

17 Hagan suggests that you put rolled up, dampened hand towels in the fridge — to cool down, wipe your face with one or put it around the base of your neck.

18 Store foot cream in the fridge and massage into hot, tired feet. Mint lotion is particularly refreshing because it leaves a cooling sensation.

19 Use ceiling fans, says Mangion — in the summer, they should turn counter-clockwise so they are pushing air down.

20 Make the bed with (cool) white satin sheets.

EAT, DRINK & CHILL

21 Plan easy meals that don't require the stove or oven, says Fran Berkoff, registered dietitian, Toronto. Instead, barbecue and prepare cool, crispy salads.

22 Freeze mandarin segments, cherries and grapes and use them instead of ice cubes in cold water, says Hagan. They take longer to melt, and they taste good, too.

23 Always drink lots of water and other liquids, says Berkoff.

24 Allrecipes.com provides this delicious slushy recipe: Combine four cups cubed seedless watermelon and 10 ice cubes in a blender. Add ½ cup lime juice, ¼ cup sugar and ⅛ tsp salt. Blend until smooth and enjoy.

25 The cold, juicy summer fruits are most refreshing, says Berkoff ... enjoy peaches, melons and oranges, too.

– Ylva Van Buuren

YOUR SUMMER STAIN REMOVAL GUIDE

Handy tips to help you get through the stains of summer.

CLOROX2® STAIN FIGHTER

BURGER BOO-BOOS.

Mmm, juicy burgers with ketchup... too bad it's all over your favourite t-shirt!

PRETREAT: Apply Clorox2® Laundry Stain Remover Spray directly on stain. Let stand for 5–10 minutes.

LAUNDER: Wash immediately with your favourite detergent and one Clorox2® Stain Fighter and Colour Booster concentrated pack. Check that the stain is gone before putting it in the dryer.

TWO SCOOPS OF TROUBLE.

Half of your daughter's ice cream is on the ground. The other half landed on her shirt.

PRETREAT: Apply Clorox2® Laundry Stain Remover Spray with foaming action formulated with TripleSolve™ Technology to penetrate, dissolve and eliminate stains. Let stand for 5–10 minutes (don't let dry on fabric) and rinse.

LAUNDER: Wash as usual with your favourite detergent and one Clorox2® Stain Fighter and Colour Booster concentrated pack.

THE GRASS IS ALWAYS GREENER...

...on your kids' pants.

PRETREAT: Apply Clorox2® Laundry Stain Remover Spray directly on stain. Its foaming action will help loosen dirt and break down grass stains. Let stand for 5–10 minutes.

LAUNDER: Wash immediately with your favourite detergent and one Clorox2® Stain Fighter and Colour Booster concentrated pack.

SCAN HERE TO LEARN MORE

This guide was brought to you by CLOROX2® STAIN FIGHTER

NOW WITH TRIPLESOLVE™ TECHNOLOGY

Eliminates tough stains the 1st time.

LOOK FOR IT IN THE LAUNDRY AISLE

Available at Walmart

Save money. Live better.

METRO CUSTOM PUBLISHING
PRESENTED BY

YOUR HEALTHY PREGNANCY

EATING WELL, REST AND EXERCISE ARE PARAMOUNT

Know your limits. That's what Terri Coles advises other pregnant women to keep in mind for a healthy pregnancy.

"I didn't want to admit at first that I was more tired than usual, or queasy. I didn't want to feel limited before I was even showing," says Coles, a 30-year-old Toronto woman pregnant with her first child. "But once I cut things back a bit and got more rest, I definitely felt better."

What else can you do to foster a healthy pregnancy? Ann Douglas, author of The Mother of All books series, shares her top tips to stay healthy over your nine-month stint.

EXERCISE … FOR TWO (OR THREE!)

"Pregnancy is the perfect time to make physical fitness part of your regular routine as a family," says Douglas. "That way, once your baby arrives, you'll be in the habit of taking an after-dinner stroll, for example. You won't have to think twice about remaining active after baby or modelling an active lifestyle to your growing child."

TRY YOGA

Pregnancy yoga classes give you a chance to meet other pregnant women in the neighbourhood. "And you're participating in a prenatal fitness activity that helps to prepare your mind, body, and soul for the challenges of birth and motherhood," says Douglas.

REST, REST, REST

Don't think of sleep as an indulgence, says Douglas. "Instead, sleep is another type of fuel that your body needs to help you take the best possible care of your baby," she notes. "So give in to the waves of fatigue — the kind that makes it almost impossible for you to keep your eyes open when you arrive home from work. Your body is trying to tell you something: You need more rest. Pay attention and nurture your body by giving it what it needs."

WATCH WHAT YOU EAT

The lemonade, ice cream and pickles cravings will come. But also be sure to watch what else you eat. Along with taking prenatal vitamins and folic acid daily to help develop the baby's brain, spine and skull, Health Canada recommends eating at least 150 grams of cooked fish weekly. (Fish is thick with omega-3 fats and nutrients to help with the growth of your baby.)

ALSO KNOW WHAT YOU CAN'T EAT

Health Canada recommends avoiding alcohol and nicotine during pregnancy. Caffeine should also be limited — but check with your health-care provider to determine how much caffeine, if any, you can have per day.

– Astrid Van Den Broek

WHAT YOU WILL NEED WHEN BABY COMES HOME

Do you need a Miracle Blanket? How about a diaper warmer for your soon-to-arrive baby? "It's easy to over shop for baby," says Ann Douglas, author of The Mother of All books series.

So here are her top tips on what you will really need once your baby comes home.

- Change station: This could be a change table or simply a changing pad attached to a dresser top. "Some parents find it works well to set up one or more mini-change stations around the house," says Douglas.
- Newborn and Size 1 diapers and wipes.
- Comfortable nursing chair with foot support.
- Bassinet, playpen or crib.
- Dresser for baby's clothes
- Baby clothes. (For the early months, Onesies and sleepers will do.)
- Baby blankets. "Treat any crib blankets you receive as wall decorations," notes Douglas. "Babies shouldn't sleep with blankets due to the increased risk of sudden infant death syndrome (SIDS)."

THE THREE TRIMESTERS

Found out you are pregnant? Congratulations! Here is a look at the 40 weeks of pregnancy.

FIRST TRIMESTER (WEEKS 1-12)

This is the trimester of waiting … and often nausea. "Once you find out that you're pregnant, you spend the next two months waiting to see if the pregnancy is likely to thrive," notes Ann Douglas, author of The Mother of All books. "The rise of miscarriage drops significantly after the first trimester." This trimester also comes with symptoms such as headaches, constipation, bloating, frequent urination and tender breasts. "Once you reach the six-week pregnancy mark, you may find you experience mild nausea or out-and-out vomiting under certain circumstances," adds Douglas, noting that about one in five women don't experience any nausea or vomiting in pregnancy. If nausea is a problem, try to avoid an empty stomach — your nausea may worsen at that point.

SECOND TRIMESTER (WEEKS 13-27)

This is the glory trimester: For many women the nausea and vomiting is gone, you start to feel the baby move … yet you aren't uncomfortably large yet. "And as the pregnancy continues, the movements become strong enough for them to be noticed and felt by other people," says Douglas.

THIRD TRIMESTER (WEEKS 28-40)

This is the home stretch, says Douglas. "Third trimester complaints include frequent trips to the washroom because your uterus is pressing down on your bladder, a sore back, swollen ankles from fluid retention, and insomnia," notes Douglas. Baby is really growing. So how can you feel your best during this body-shifting time? Douglas recommends maintaining a healthy pregnancy by eating well and sleeping when your body craves it. Also, look for women in your neighbourhood who are pregnant and experiencing the same things you are. "You'll appreciate their support and friendship, both during your pregnancy and after your babies arrive," Douglas says.

Our Best Fit
For Your Little Champion

Pampers

P&G
WORLDWIDE PARTNER

1 Get Pampers® CRUISERS® with 3-Way Fit™

2 EARN 2X Gifts To Grow POINTS

on specially marked Pampers® "Go Canada Go" packs while supplies last. Offer ends August 31, 2012.

Pampers gifts to grow rewards™

3 Redeem for CANADA GEAR

while supplies last.

Visit us on facebook
facebook.com/pamperscanada

© 2012 P&G

TRY NOT TO STRESS: GO FROM 'HAVE TO' TO 'WANT TO'

WHEN YOU'RE TRYING TO GET PREGNANT AND TRACKING OVULATION, THE TWO MOST FERTILE DAYS ARE SO IMPORTANT

But sometimes it can make sex seem more like a chore and less pleasurable. With a little patience, creativity and communication, trying to conceive can be a fun and intimate experience for both you and your partner.

Introducing a personal massager into your relationship can be a new way to enhance your shared sexual experience, adding more pleasure and fun into trying to get pregnant. In fact, according to the 2011 Leger Marketing Survey, more than 80 per cent of people who have used a personal massager have used it with their partner, so it can be a natural addition.

This is important as stress and the negative feelings associated with planning to have a baby can actually affect your chances of getting pregnant, according to babyhopes.com. Increasing intimacy with your partner can help lead to a happier, more relaxed, and more positive you.

Personal massagers, such as TROJAN® Vibrating Tri-phoria® are now available at many major drug, food and mass retail locations where TROJAN® condoms are sold, and online at TrojanVibrations.ca.

KNOW YOUR TWO BEST DAYS TO CONCEIVE

There are only about two days a month when you are most likely to get pregnant. An ovulation test, like the FIRST RESPONSE® Digital Ovulation Test, can help you pinpoint your two best days to try to conceive.

GET TO KNOW YOUR CYCLE

- Every month ovulation happens when an egg matures, leaves your ovary, and travels down one of your Fallopian tubes.
- Ovulation is primarily triggered by a monthly surge in Luteinizing Hormone, or LH. This happens in the 24 to 36 hours before ovulation.
- For your best chance at getting pregnant, have intercourse within 24 to 36 hours after detecting the LH surge.
- Menstrual cycles can vary from 20 to 44 days, so the day of the month you ovulate can vary significantly. Most women don't ovulate exactly at mid-cycle. So much variation can make it difficult to find your peak fertility.
- Using an at-home ovulation test can help improve your chances of determining when is the right time for you to get pregnant.

DID YOU KNOW?

Drinking excessive amounts of liquid can dilute the LH in your urine. Therefore, it's best to reduce your liquid intake for two hours before testing.

EXPERTS RECOMMEND

Know More

If you are on the birth control pill, experts recommend you stop using it one to two months before trying to conceive. This will give you the opportunity to better understand your body and get to know your cycle. Look for an alternative contraceptive method — for instance, the maker of TROJAN® brand condoms offers many different varieties of condoms to choose from.

Note: *If you are unsure about your cycle length or when to start testing, call First Response toll-free at 1-800-268-3186, from Monday-Friday, between 7 a.m. and 5 p.m. ET.*

INTRODUCING THE FIRST RESPONSE® DIGITAL OVULATION TEST

- It knows your body. It's the only ovulation test that actually detects your own personal LH surge. It detects and tracks your personal daily baseline levels of Luteinizing Hormone to detect your personal LH surge, unlike other ovulation tests that use a preset "average" level to determine the surge.
- Unmistakable YES+/NO- results. YES+ means try to conceive in the next 24-36 hours; NO- means continue to test daily.
- Unsurpassed accuracy — More than 99 per cent accurate.*
- Comes with 20 test sticks and a digital reader for a one-month supply.

Visit 1stresponse.ca for a downloadable ovulation calculator to help you keep track!

**More than 99 per cent accuracy in detecting LH surge in laboratory studies (read complete directions for use on carton). Certain medication conditions and drugs can adversely affect the reliability of this test for predicting ovulation. For details, visit 1stresponse.ca.*

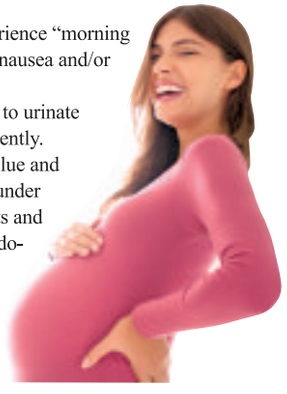
KNOW IF YOU ARE PREGNANT ALMOST AS SOON AS YOUR BODY DOES

Early pregnancy is a vital time for fetal development. Being able to know if you are pregnant sooner helps you get a head start on making healthy choices for yourself and your baby.

FIRST RESPONSE® has the only test that tells you five days before your expected period. When you are waiting to find out if you are pregnant, one day can feel like a lifetime. Using the FIRST RESPONSE® Early Result Pregnancy Test means you will know as soon as possible — no other home pregnancy test tells you sooner!**

YOU MIGHT BE PREGNANT IF . . .

- You miss your period.
- Your breasts are tender or swollen, or have raised glands in the area around the nipple.
- You experience "morning sickness" (nausea and/or vomiting).
- You have to urinate more frequently.
- You see blue and pink lines under your breasts and on your abdomen.
- You have unusual food cravings.



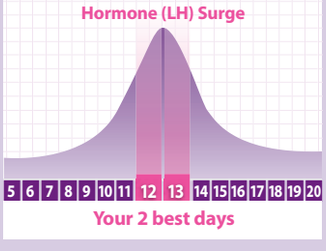
***Read product packaging for more information on testing early. In clinical testing, FIRST RESPONSE® Early Result Pregnancy Test detected the hormone levels in 62 per cent of women five days before their expected period; in 78 per cent of women, four days before their expected period; in 87 per cent of women, three days before their expected period; and in 98 per cent of women, two days before their expected period.*

Every woman is unique.
FIRST RESPONSE® Ovulation Test understands that.

FIRST RESPONSE® Digital Ovulation is a revolutionary new ovulation test that can accurately detect your 2 best days to conceive.

Unlike most tests that use a preset average, the FIRST RESPONSE® Digital Ovulation Test has a Digital Reader that remembers your Luteinizing Hormone (LH) levels and is able to detect your own unique LH surge to determine the best time for you to become pregnant.[1]

Knowing the best time to conceive can be a real guessing game, especially for women with irregular periods. New FIRST RESPONSE® Digital Ovulation Test understands that. It's a breakthrough home-use ovulation test that can accurately identify a woman's most fertile days based on her individual hormone levels. Making it easier for couples to determine their best days to conceive.



How the FIRST RESPONSE® Digital Ovulation Test works.

The FIRST RESPONSE® Digital Ovulation Test identifies your 2 best days to become pregnant by detecting a surge of Luteinizing Hormone (LH) in your urine. An increase in LH means your body is ready to release an egg (ovulation). If you have intercourse within 24-36 hours after detecting the LH surge, you're more likely to become pregnant.

1 Data on file, Church & Dwight Co., Princeton, NJ 2011

2 Over 99% accurate in detecting the LH surge in laboratory studies (based on directions for use).

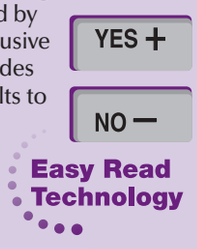
FIRST RESPONSE® Digital Ovulation Test understands your body.

FIRST RESPONSE® Digital Ovulation Test has advanced technology that can detect your unique LH surge based on your daily Luteinizing Hormone (LH) levels.[1]

With the FIRST RESPONSE® Digital Ovulation Test you begin daily testing on Day 5 of your period. Hormone levels recorded from Days 5, 6, and 7 of your period are saved into the Digital Reader's memory to set your baseline and determine your unique LH surge level. Continued testing from that point will allow you to determine your own unique LH surge, the time when you're most likely to become pregnant if you have intercourse within 24-36 hours of detecting the surge.

Trust the test with unsurpassed accuracy.

When it comes to detecting a woman's unique LH surge, laboratory studies show FIRST RESPONSE® Digital Ovulation Test to be over 99% accurate, unsurpassed by any other test in the market. And our exclusive EasyRead™ technology provides unmistakable YES+/NO- results to eliminate the guesswork out of detecting your best days to conceive.[2]



FIRST RESPONSE® OVULATION

For your best chance to conceive, trust the test designed for you.

1stresponse.ca/ovulation

Uncle Sam wants you (and your tax)

It's that time again. Many Americans in Canada don't even realize they are required to file taxes in the country of their birth

YOUR MONEY
Alison Griffiths
money@metronews.ca
Twitter: @alisononmoney

Your taxes are well behind you for another year, right? Maybe not! For tens of thousands of Americans living here, not to mention Canadian snowbirds, Uncle Sam wants you — to get in touch.

June 15 is the deadline for U.S. citizens to file a required tax return south of the border even if they have been in this country since infancy.

In the last year there was a rumble of panic among U.S. ex-pats as the IRS started flexing its muscle by threatening to chase down and punish those who had fallen behind in their tax returns.

Many Americans in Canada don't even realize they are required to file in the country of their birth. Since then the IRS has relaxed their stance a bit but U.S. citizens still need to comply.

According to H&R Block Canada, U.S. citizens and green card holders (including those whose green card has expired) are required to file Form 1040 annually. Go to irs.gov and search for Form 1040.

Those who paid taxes in Canada will receive a foreign tax credit on their U.S. returns and if you are receiving CPP and or Old Age Security here they are exempt from U.S. tax.

Anyone who kept a U.S. home as a rental after moving to Canada, or has any other income south of 49, will have to declare it on the U.S. return.

The big tax surprise for many Canadian snowbirds is a requirement to communicate with the IRS. If you spent more than 121 days in the U.S. in 2011 or a total of 183 days over the past three years, Uncle Sam is interested.

Filing IRS Form 8840 (the Closer Connection Exception Statement for Aliens) is an annual requirement. You'll be asked about your Canadian ties including passport, family, car registration, where you are registered to vote and even your religious affiliation. Most snowbirds can demonstrate a closer connection to Canada than the U.S. so nothing else is needed.

Again, go to irs.gov, search Form 8840 and mail it to the Department of the Treasury, IRS Centre, Austin, Texas, 73301-0215.

Taxes — you can run but you can't hide.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT GRIFFITHS.ALISON@GMAIL.COM OR ALISONGRIFFITHS.CA

Alison's money rule

"Uncle Sam wants an annual report from snowbirds and the American born."

The people in your 'hood

- **900,000 to 2.5 million.** The estimate of Americans living in Canada.

Just when you thought tax time was over. ISTOCK IMAGES

OFFICE MANAGER

Reporting to the Sales/General Manager, Metro Regina, the right candidate will carry out a range of administrative and operational tasks related to the daily operations of the business in the Metro Regina operation. As well as provide operational and executive support to the Sales/General Manager, Metro Regina and any additional administrative support as directed.

PRIMARY RESPONSIBILITIES:

- Responsible for all administrative projects as assigned
- Responsible for the general daily office operations
- Assist in maintenance and control of the office budget
- Oversee the monthly purchases of office supplies and send required accruals to Metro English Canada
- Recommend and manage office furniture purchases, office supply purchases and all maintenance issues/requests
- General reception duties and Customer service requests
- Oversee couriers and mail; both incoming and outgoing
- Responsible for prompt office maintenance and repair work
- Supervise the implementation of new office systems from various shared service departments
- Review and update health and safety policies; coordinate with JHSC
- Responsible for maintaining accurate staff lists and directories
- Answering telephones, call screening and forwarding
- Deal with complex queries and complaints, by email, phone and in person
- Greet visitors and guests

REQUIREMENTS OF THE POSITION:

- 2-3 years of demonstrated success in a similar role
- Great organizational and time management skills
- Outstanding communication skills
- Intermediate knowledge of Microsoft Office - Word, Excel & Outlook
- Attention to details and thoroughness in the execution of tasks
- Must be a team player with a great, and we mean great, sense of humor

IInterested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than June 30, 2012. PLEASE QUOTE: "Office Manager - Regina" in the subject line. All submissions will be treated as confidential.

metro

SALES REPRESENTATIVE

Metro Regina is seeking an individual to achieve regional targets for print & online and other performance metrics by developing new business.

PRIMARY RESPONSIBILITIES:

- Manage and grow an assigned retail sales territory
- Design advertising programs to reflect clients' objectives
- New Business Development
- Creatively negotiate rates
- Sell a portfolio of Metro branded products

REQUIREMENTS OF THE POSITION:

- Post secondary education in a related field
- 3 years experience in sales/media sales
- Proficient in Microsoft Office applications
- Creative, efficient, flexible & detail oriented
- Strong verbal and written communication skills
- Proven track record in profitable selling

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than June 4, 2012. PLEASE QUOTE: "Sales Representative - Regina" in the subject line. All submissions will be treated as confidential.

metro

MLB

Testimony wraps up at Clemens perjury trial

His large frame towering over the microphone, Roger Clemens leaned forward at the podium and declared to the judge: "Yes sir, I am not testifying."

The government presented three rebuttal witnesses Monday after the defence rested its case at the Roger Clemens perjury trial.

The trial will determine whether Clemens lied when he told Congress in 2008 that he never used steroids and human growth hormone. Closing arguments will be heard Tuesday. The case could go to the jury Tuesday afternoon. THE ASSOCIATED PRESS

NCAA

Court in session at Sandusky trial

Jerry Sandusky's trial in the Penn State scandal opened in graphic fashion Monday with the first witness testifying that the retired coach molested him in the locker-room showers and in hotels while trying to ensure his silence with gifts and trips to bowl games.

The man, now 28 and dubbed Victim 4 in court papers, told the jury about the abuse he said he endured for five years beginning when he was a teenager in the late 1990s.

"I've denied it forever," he testified, looking straight at the prosecutor as Sandusky sat motionless nearby.

Sandusky, 68, faces 52 counts that he sexually abused 10 boys over 15 years. The former assistant football coach has denied the allegations. THE ASSOCIATED PRESS

The Kings celebrate winning the Stanley Cup on Monday night at the Staples Center in Los Angeles. JULIE JACOBSON/THE ASSOCIATED PRESS

Kings take their place on NHL throne

NHL. Los Angeles seals deal by scoring three times in first during Devils' major penalty

Game 6

Kings	Devils
6	1

It was worth the wait.

After 45 long years, including two near-misses in the last week, the Los Angeles Kings have finally been crowned Stanley Cup champions. The party kicked off before the first period even ended Monday as Los Angeles romped to a 6-1 series-clinching victory over the stunned New Jersey Devils.

The game turned on a penalty that should immediately erase Marty McSorley's 1993 illegal-stick call as the most memorable in Kings history. Devils forward Steve Bernier was given a five-minute major for boarding just over 10 minutes into the game after bloodying Rob Scuderi with a hard hit from behind, and Los Angeles made him pay.

First captain Dustin Brown got a puck behind Martin Brodeur. Then Jeff Carter followed. By the time Trevor Lewis made it 3-0 at 15:01, the Staples Center crowd knew the Kings had all the goals they needed.

After all, Jonathan Quick didn't allow more than that in any game during a dominant 16-4 run through this postseason. The Kings goaltender was awarded the Conn Smythe Trophy as playoff MVP for his dominant performance in goal.

The Devils were the first team since 1945 to even force a Game 6 in the Stanley Cup final after trailing 3-0 in the series, and the clincher highlighted why the task of coming all the way back is so daunting. There's no room for bad bounces or bad luck.

New Jersey was where it wanted to be after weathering an early storm and killing off a minor penalty. And then Bernier crashed into Scuderi. The most difficult part of that penalty for the Devils was the fact it came just seconds after Jarrett Stoll had hit Stephen Gionta from behind without a call.

Series over.

The Devils were shaken and their hopes of forcing a Game 7 were soon shattered. It's extremely rare to see a team score three times on a major penalty, especially against a New Jersey penalty kill that was the NHL's best in the regular season at 89.6 per cent. THE CANADIAN PRESS

Battle for backup QB job wide open

Two exhibition games is not a long time to assess the talent in training camp. For the Saskatchewan Roughriders, inexperience at quarterback makes the situation even more complicated.

Assistant coach Khari Jones, in his first season as the team's quarterbacks coach, is tutoring three rookies who are battling for the backup job behind veteran pivot Darian Durant. J.T. O'Sullivan, Levi Brown and Drew Willy have all been to NFL training camps but have yet to play a down in the CFL.

The Riders practised at the University of Regina on Monday as they prepare for their first pre-season game Wednesday night in Vancouver against the defending Grey Cup champion B.C. Lions.

Darian Durant THE CANADIAN PRESS FILE

"So far, so good," Jones said with his customary smile. "We haven't played a game yet, but we're working hard, trying to figure it all out. We're trying to do as much as we can in practice and by simulating game situations."

Nine days into camp and nothing has been carved in stone except that Durant will be the starter. Beyond that, it's anybody's guess who will serve as his backup.

Much will depend on how quickly the rookies catch on to the Canadian game.

"It's a huge learning curve for them," Jones said. "Just being on a different field, a larger field, with 12 players and three downs is a big adjustment, and the reads are all different. That's a lot of stuff to have to take in and learn to handle.

"If you're new to the CFL, you almost have to erase some of the things you've learned to this point. It isn't like starting over, but it's pretty close some days." THE CANADIAN PRESS

Brennan let go

The Roughriders reduced the list of QBs to four on Monday by releasing Colt Brennan.

- Brennan played at the University of Hawaii, where he was a finalist for the Heisman Trophy.
- He was selected in the sixth round of the 2008 NFL draft by the Washington Redskins, who released Brennan in 2010.
- The Riders acquired Toronto Argonauts import offensive lineman Chris Patrick in a trade Sunday. In exchange, the Riders sent the Argos a conditional selection in the 2014 CFL Canadian Draft.

4 SPORTS

Tennis

Nadal solidifies status as King of Clay

Rain or shine, clay or mud, Sunday or Monday, Rafael Nadal rules Roland Garros. The man they call "Rafa" won his record seventh French Open title Monday, returning a day after getting rained out to put the finishing touches on a 6-4, 6-3, 2-6, 7-5 victory over Novak Djokovic. He denied Djokovic in his own run at history — the quest for the "Novak Slam." Djokovic was trying to become the first man since 1969 to collect four straight major titles. THE ASSOCIATED PRESS

On the web

Majority owner Michael Heisley has been trying to sell his Memphis Grizzlies for years to just the right person, and the Illinois billionaire finally found his buyer. Heisley said Monday he has an agreement to sell the team to Robert J. Pera, a 34-year-old billionaire from California. Scan the code for the story.

Ukraine wins one at home

Ukraine coach Oleh Blokhin celebrates victory with Andriy Shevchenko in Kyiv on Monday. Shevchenko trumped Sweden's Zlatan Ibrahimovic, scoring two great headers to give Ukraine a 2-1 win over Sweden at Euro 2012.

MARTIN ROSE/GETTY IMAGES

France and England trade goals in draw

Euro 2012. The French are unbeaten in their last 22 matches

Joleon Lescott of England heads the ball past Hugo Lloris of France on Monday in Donetsk, Ukraine. IAN WALTON/GETTY IMAGES

England held on for a 1-1 draw with France on Monday at Euro 2012, giving the Group D favourites one point each.

Joleon Lescott put England in the lead with a header in the 30th minute, and Samir Nasri levelled for France shortly before halftime with a strike into the bottom corner.

"I think we have to be happy with that," France coach Laurent Blanc said. "We were too timid at the start, there was a bit of pressure that got to us, and then we got better actually after we conceded the goal — that's when we started playing."

England took the lead in the 30th minute when captain Steven Gerrard curled in a free kick from the right after Patrice Evra had fouled James Milner, and Lescott was able to nod the ball past France goalkeeper Hugo Lloris.

France's equalizer was all about one-touch football as Florent Malouda, Evra and Franck Ribery flicked the ball around the left side of England's penalty area to free up space for Nasri, who put in a low shot before England goalkeeper Joe Hart could react.

When Nasri celebrated his goal, he shouted "Ferme ta geule," or "Shut your mouth." He then brought his finger to his lips as if telling someone to keep quiet.

The gesture was aimed as a French journalist from sports daily L'Equipe, who had questioned his form in an article the day before the match.

The French team finished the match with 19 shots, 15 of them on target. England managed three shots, but only the one on target.

THE ASSOCIATED PRESS

Tennis

Raonic opens tournament with 19 aces in victory

Canadian Milos Raonic defeated Philipp Petzschner 7-5, 7-6 (1) in his opening match at the Gerry Weber Open on Monday.

Raonic, the No. 5 seed from Thornhill, Ont., served 19 aces in the straight-sets victory over the German, who made it to the final of the 2011 event. Raonic will next play Ze Zhang of China, who overcame another German, Tobias Kamke, 6-4, 7-6 (2).

Philipp Kohlschreiber began his title defence at the grass-court tournament with a win over wild card Dustin Brown in an all-German matchup.

The 163rd-ranked Brown twice pushed Kohlschreiber to a tiebreak, before the eighth-seeded defending champion won 7-6 (4), 7-6 (4) in one hour 23 minutes.

The 28-year-old Kohlschreiber will face Lukas Kubot after the Pole beat Jarkko Nieminen of Finland 6-4, 6-4.

Rafael Nadal, who won his record seventh French Open title earlier Monday, and five-time winner Roger Federer both have byes to the second round.

THE ASSOCIATED PRESS

Canada focused on next opponent

After Canada's men's soccer team overcame the scorching heat and spotty pitch to upset Cuba on foreign soil last Friday, coach Stephen Hart allowed his players a brief time to revel in the result.

Then they promptly filed those feelings away.

Canada hosts Honduras on Tuesday in the second game of the third round of CONCACAF World Cup qualifying. Another victory would give Canada six points and some considerable breathing room heading into a two-month break.

"(I told them) the usual stuff: Enjoy the moment for a couple of hours and then understand that you've achieved nothing, we've achieved nothing," Hart said after practice Monday at BMO Field in Toronto.

The 77th-ranked Canadians defeated Cuba 1-0 on Friday, while No. 46 Panama defeated 55th-ranked Honduras 2-0 in the other game in the group.

After Tuesday's matchup, the national side, gunning to make its first World Cup appearance since 1986, takes a break before picking up World Cup qualifying again in September.

Stephen Hart GETTY IMAGES FILE

"It's going to be massive for us. We don't want to go into the next two months with any regrets of what could have been if we'd won maximum points," said David Edgar, whose well-placed cross led to Olivier Occean's goal versus Cuba.

The Canadians played through soaring heat on Friday that left Hart joking that he just hoped his players "didn't die." They also played a man short after keeper Lars Hirschfeld was shown a red card for handling the ball outside of the box.

Milan Borjan played well as Hirschfeld's replacement, immediately facing a dangerous free kick.

"It was difficult because I didn't warm up or anything, it was a tough situation to come in on, winning 1-0, a free kick on the 18-yard box," Borjan said. "But the guys gave me the confidence, the coaches they gave me confidence, so it was good."

He'll be Canada's goalkeeper against Honduras while Hirschfeld serves a one-game suspension.

Hart said he has faith in whichever Canadian keeper he has in net, saying there's little difference between the two.

"New goalkeeper, different name," Hart said. "Other than that, the players wouldn't be picked if I didn't think they could do the job."

THE CANADIAN PRESS

Quoted

"OK, it's a home game, but I think Honduras has too much experience to be desperate."

Canada head coach Stephen Hart on the mindset of Honduras following a loss.

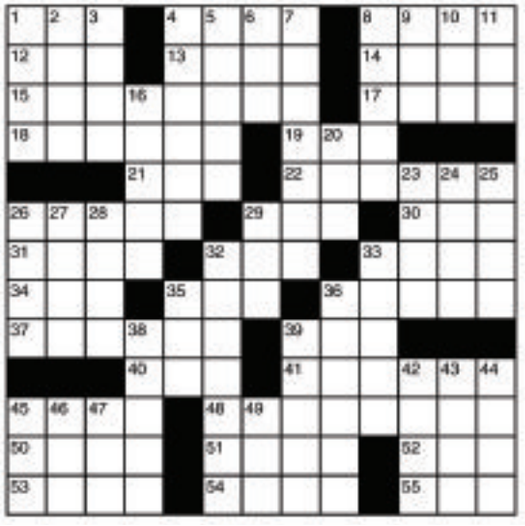
Crossword

Across

1 Possessed
4 Charitable donations
8 Earth
12 Exist
13 Throb
14 Busy with
15 Tongue
17 Leftovers
18 Prey on the mind
19 Prior night
21 Lepidopterist's prop
22 Duration
26 For all to hear
29 Whammy
30 "7 Faces of Dr. —"
31 Conks on the noggin
32 Blackguard
33 Hamilton foe
34 Scratch (out)
35 Vagrant
36 Majorette's staff
37 Hang around
39 Chap
40 Peculiar
41 Ducked a big wedding
45 Fly high
48 Dull, tedious portion of a book
50 Overly proper one
51 Falco of "The Sopranos"
52 Paid player
53 Competent
54 Burpee buy
55 Bribe

Down

1 Head light
2 Speedy steed
3 Hideaways
4 Mistreated
5 Minimum
6 Periodical, for short
7 Pittsburgh athlete
8 Vamp
9 Inseparable
10 "— Impossible"
11 Realtor's offering
16 Category
20 Annoy
23 Fill till full
24 Tahitian dish
25 Trumpet
26 First victim
27 Trickster god
28 Tournament format
29 Drone
32 Spoils
33 Sluggish body of water
35 Cot
36 Distended
38 Overeat
39 Aladdin's ally
42 Energizes, with "up"
43 Modern-day money
44 Let fall
45 Resort
46 Scepter topper
47 Be below par
49 Honor in verse

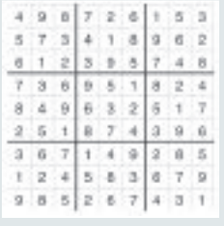


Sudoku

4				7				3
	2				4	7	1	
	6		5	8				
	1					5		
5		8				9		1
		2					4	
				3	6		2	
	3	6	9				5	
7				5				8

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

E YWEQHZMKWLQHS ZUZZQKH

OUAP QH E TKKCQHS

EWUE LQSOM YU TEAAUP M

OU CQMTOUH MOQHC.

Yesterday's Cryptoquip: WHEN WILD ANIMALS ARE VERY MANNERLY, SHOULD YOU SAY THEY'RE ON THEIR BEAST BEHAVIOR?

Today's Cryptoquip Clue: Z equals S

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. The planets warn that if you are not careful you could spend a fortune today.

Taurus | April 21 - May 21. Write your goals down on a piece of paper and look at them at odd moments throughout the day.

Gemini | May 22 - June 20. Friends and work colleagues alike are relying on you to take the lead and show them the way, so push personal worries to the back of your mind and do what you can to assist them. You'll be assisting yourself too.

Cancer | June 21 - July 22. Others may bend the rules and get away with it but you must not allow yourself to be so tempted.

Leo | July 23 - Aug. 22. Follow your dreams wherever they may lead you, no matter how far that may be from where you are now.

Virgo | Aug. 23 - Sept. 22. It's quite possible that you will come into money over the next day or two, but if you do it's unlikely that you will hold on to it for long. There are just so many beautiful things you want to possess.

Libra | Sept. 23 - Oct. 22. Your rivals may seem confident but the fact is they are as scared of you as you are of them — maybe more so. Challenge them directly today and don't be surprised if they back down and let you win.

Scorpio | Oct. 23 - Nov. 21. Reach out to other people and help them feel good about themselves.

Sagittarius | Nov. 22 - Dec. 21. The problem you face today will require a certain amount of abstract thinking if you are going to solve it successfully.

Capricorn | Dec. 22 - Jan 20. Loved ones will forgive you almost anything today — if you say sorry and if your regret sounds genuine.

Aquarius | Jan. 21 - Feb 18. Resist the urge to criticize other people, both in your private life and in your working environment. In fact, go out of your way to give them your support, even if you don't think they deserve it.

Pisces | Feb. 19 - March 20. Discussions of all kinds will go well today, especially if you give those you deal with the impression that you are as eager for them to do well as you are to do well yourself.

SALLY BROMPTON

Caption Contest

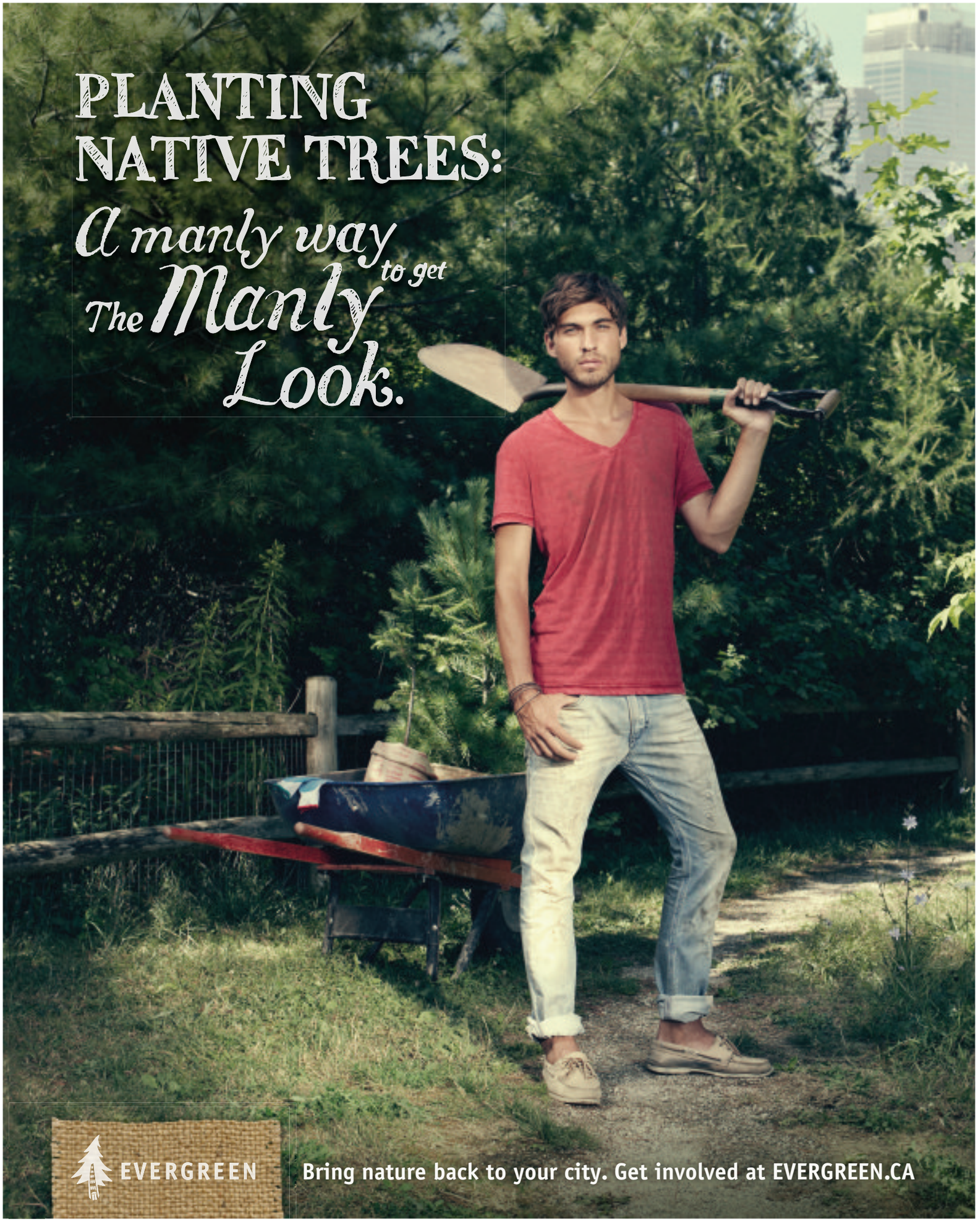
"My mom says if I want to be cute I otter smile more."
Kassia & Jessica

MARK M. GASKILL/DETROIT ZOO/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.


PLANTING
NATIVE TREES:
A manly way to get
The Manly Look.
EVERGREEN
Bring nature back to your city. Get involved at EVERGREEN.CA